

## I.

**B**Lessed be the most  
holy, glorious, and  
undefiled TRINITY, now  
and for evermore.

## II.

Blessed art thou, O  
Lord, who enlightenest  
mine Eyes, and sufferest  
me not to sleep in death.

## III.

Blessed art thou, for  
thou hast created all  
things, and for thy Will  
fake they are, and were  
created.

## IV.

The Almighty Lord  
be now and evermore

my defence, and vouch-  
safe to bless and preserve  
me from all evil this day  
and for ever. *Amen.*

When you are risen,

*Retire yourself, and hum-  
bly kneeling adore GOD,  
and say,*

**O** Holy Lord God  
Almighty, before  
whom all Knees do bend  
and to whom all Crea-  
tures in Heaven and  
Earth do bow and obey,  
behold, here I pro-  
strate myself before thee,  
adoring